



### Product Spotlight: Red Chilli

Chillies are rich in vitamin C and boost your metabolism; this is why you feel warm when you eat them. Don't forget to wash your hands well after preparing them!



## Salt and Pepper Chicken Strips

### with Pear Coleslaw

Crispy salt and pepper chicken strips served with pear coleslaw, rice paper puffs, roasted peanuts and slices of fresh red chilli.



25 minutes



2 servings



Chicken

## Switch it up!

Turn this dish into rice paper rolls. Use the dressing as a dipping sauce, follow the packet instructions to prepare the rice paper rounds to make rolls, fill with salad, chicken strips and peanuts.

Per serve: **PROTEIN** **TOTAL FAT** **CARBOHYDRATES**  
 g g g

## FROM YOUR BOX

PEAR	1
RED CAPSICUM	1
RED CABBAGE	1/4
RED CHILLI	1
ROASTED PEANUTS	40g
CHICKEN TENDERLOINS	300g
RICE PAPER ROUNDS	1 packet

## FROM YOUR PANTRY

oil for cooking, sesame oil, salt, pepper, apple cider vinegar, cornflour (see notes)

## KEY UTENSILS

2 frypans

## NOTES

Rice flour or tapioca flour are both great alternatives to cornflour.

Remove seeds from the chilli for a milder dish.

These measurements are based on salt flakes and cracked black pepper. If you are using fine salt or ground pepper, halve the quantities.

White pepper is a great alternative to cracked black pepper when cooking for fussy eaters.



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### 1. MAKE THE DRESSING

Add **1 1/2 tbsp sesame oil**, **2 tbsp vinegar**, **salt and pepper** to a large bowl. Whisk to combine.



### 2. PREPARE THE SALAD

Thinly slice the **pear**, **capsicum** and **cabbage**. Add to dressing bowl. Toss well to combine.

Thinly slice **chilli** (see notes) and chop **peanuts**. Set aside.



### 3. COAT THE CHICKEN

Add **1/4 cup cornflour**, **1/2 tsp salt** and **1/2 tsp pepper** (see notes) to a plate to make coating. Stir gently to combine. Press **chicken tenderloins** into flour to coat.



### 4. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Add **chicken** and cook for 4-5 minutes each side until cooked through.



### 5. CRISP RICE PAPER ROUNDS

Meanwhile, heat a second frypan over medium-high heat with **1/2 cup oil**. When **oil** is hot, carefully add **rice paper rounds** (one at a time) to pan for 10 seconds until puffed. Use tongs to remove to a plate lined with paper towel. Repeat with remaining rounds as desired.



### 6. FINISH AND SERVE

Divide **rice paper puffs** among plates along with **chicken** and **salad**. Sprinkle over **peanuts** and garnish with **red chilli**.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0448 042 515** or send an email to **hello@dinnertwist.com.au**

